



Centers for Disease Control
and Prevention (CDC)
Atlanta, GA 30341-3724

Dear Colleague:

The Centers for Disease Control and Prevention (CDC) is pleased to provide you with the revised “Heads Up: Brain Injury in Your Practice” tool kit. This tool kit is part of a national initiative to prevent mild traumatic brain injury (MTBI) or concussion and to improve clinical management of patients with MTBI. This tool kit is part of CDC’s response to the Children’s Health Act of 2000, which mandates attention to this public health concern. Physicians can play a key role in helping to prevent MTBI and in appropriately identifying, diagnosing, and managing it when it does occur.

MTBI symptoms may appear mild, but can lead to significant, life-long impairment affecting an individual’s ability to function physically, cognitively, and psychologically. Research also indicates, that:

- An estimated 75%-90% of the 1.4 million traumatic brain injury (TBI)-related deaths, hospitalizations, and emergency department visits that occur each year are concussions or other forms of MTBI.
- Blasts are an important cause of MTBI among military personnel in war zones.
- Direct medical costs and indirect costs such as lost productivity from MTBI totaled an estimated \$12 billion in the United States in 2000.

This tool kit was developed to provide physicians with a more individualized assessment of MTBI and to help guide the management and recovery of patients with MTBI. The tool kit contains:

- A booklet with information on diagnosis and management of patients with MTBI;
- A patient evaluation tool;
- An information sheet for patients who recently sustained an MTBI;
- A palm card with information about the on-field management of sports-related MTBI;
- Patient education materials in English and Spanish; and
- A CD-ROM with downloadable tool kit materials and additional resources.

We are pleased to be joined in this educational effort by a number of experts, as well as government and professional medical, sports, and voluntary organizations. We hope you will find this tool kit useful in your practice. **This tool kit can be ordered or downloaded free-of-charge at: http://www.cdc.gov/ncipc/tbi/Physicians_Tool_Kit.**

Your views about the tool kit are invaluable to us and we invite you to share them with us. Please email your comments to NCIPCDIRinfo@cdc.gov with a subject line “Tool Kit for Physicians” or fax comments to 770-488-4338, attention “Tool Kit for Physicians.”

Sincerely,

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